

The recipe, kept.

Cook together. You take the notes. Keep the story with the instructions.

Dish / family name for it

Cook / notes taken by

Date / place

Batch size / number of servings

Equipment, pan size and oven setting

What went into this batch

Ingredient & preparation

Amount / their usual measure

Their cues: texture, appearance, adjustments

Mark estimates as estimates. Ask before recording. These notes document a method; they do not verify food safety.

The way they make it.

Capture the steps, then try the recipe using only your notes.

Dish / cook

The method, in their order

01 / Action, timing and what to look for

02 / Action, timing and what to look for

03 / Action, timing and what to look for

04 / Action, timing and what to look for

05 / Action, timing and what to look for

Who taught them / when the family makes it

A phrase or memory in their own words

Second attempt: date / changes needed

Checked with the cook / sharing permission
